

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01212, Milk, dry, whole, without added vitamin D

Report Date: December 05, 2015 20:51 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	2.47	--	0.130	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Energy	kcal	496	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	2075	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	26.32	--	0.175	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Total lipid (fat)	g	26.71	--	0.250	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Ash	g	6.08	--	0.092	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Carbohydrate, by difference	g	38.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Sugars, total	g	38.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
<b>Minerals</b>													
Calcium, Ca	mg	912	--	17.766	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.47	--	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Magnesium, Mg	mg	85	--	1.465	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Phosphorus, P	mg	776	--	14.251	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Potassium, K	mg	1330	--	41.231	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Sodium, Na	mg	371	--	15.131	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Zinc, Zn	mg	3.34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Copper, Cu	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Selenium, Se	µg	16.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	8.6	--	0.454	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.283	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Riboflavin	mg	1.205	--	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Niacin	mg	0.646	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Pantothenic acid	mg	2.271	--	0.086	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-6	mg	0.302	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, total	µg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Folate, food	µg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	117.4	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin B-12	µg	3.25	--	0.289	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	258	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	253	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	55	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin A, IU	IU	934	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin E (alpha-tocopherol)	mg	0.58	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	20	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	16.742	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
4:0	g	0.866	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
8:0	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
10:0	g	0.596	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
12:0	g	0.614	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
14:0	g	2.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:0	g	7.522	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:0	g	2.853	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total monounsaturated	g	7.924	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
16:1 undifferentiated	g	1.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:1 undifferentiated	g	6.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fatty acids, total polyunsaturated	g	0.665	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:2 undifferentiated	g	0.460	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:3 undifferentiated	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	97	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
<b>Amino Acids</b>													
Tryptophan	g	0.371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Threonine	g	1.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Isoleucine	g	1.592	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Leucine	g	2.578	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Lysine	g	2.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Methionine	g	0.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Cystine	g	0.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Phenylalanine	g	1.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Tyrosine	g	1.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	1.762	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Arginine	g	0.953	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Histidine	g	0.714	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Alanine	g	0.908	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Aspartic acid	g	1.997	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Glutamic acid	g	5.512	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Glycine	g	0.557	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Proline	g	2.549	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Serine	g	1.432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009